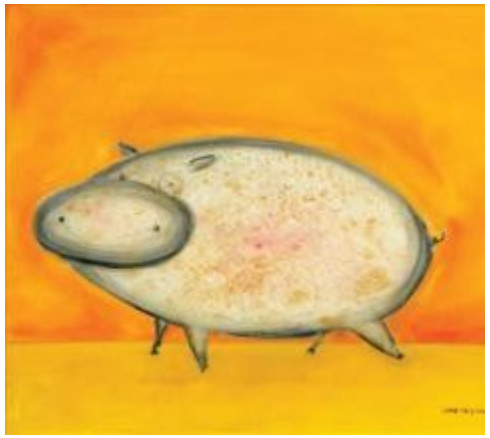


Military OneSource

Access to confidential resource and referral support for service members and their families with the goal of improving the quality of their lives and the effectiveness of the military community

Serving Active Duty, Guard, Reserve and Their Families

General Eligibility

- Active Duty, Guard, and Reserve service members
- Immediate family members

Private and Confidential

Privacy protected

- Personal information is not:
  - Provided to the military or chain of command
  - Shared with family or friends
  - Released to other agencies

Duty to Warn

- Family maltreatment (spouse, children, elder abuse)
- Harm to self or others

Range of Support

Relationships

Topics

- Rebuilding trust
- Managing stress and/or anger
- Recognizing high-risk behaviors
  - Adrenaline rushes
  - Alcohol
  - Substance abuse

Resources

- Self Assessments
  - *How Resilient are You?*
  - *Do You Have a Drinking Problem?*
- Podcasts
  - *Fighting Fairly as a Couple*
  - *Children & Stress*
- Materials
  - *Building Trust*
  - *Recognizing & Dealing with Stress*

Counseling Options

Face-to-Face Counseling	Telephone Consultations	Online Consultations
Face-to-face sessions with a local professional counselor	Telephone consultations with a professional counselor, expands capabilities	Online consultations with a professional counselor, held in a secure chat environment

Short-term, solution-focused counseling referrals for

- readjusting to home and life after deployment or mobilization
- stress management
- marital and couples counseling
- counseling for parent-child (or guardian-child) issues
- grief counseling
- divorce or struggling relationships
- coping with job or career stress

Healthy Habits Coaching

Improve Your Health-FOR LIFE!

iCanChange A personalized, flexible, and supportive approach to help you reach your weight and health goals

iCanThrive A step-by-step program to teach you how to: fuel your body with healthy foods, begin a program of enjoyable physical movement, and relax

iCanRelax A program to help you become aware of stress and how it affects you and to gain skills for handling your reactions to stressful demands and changes

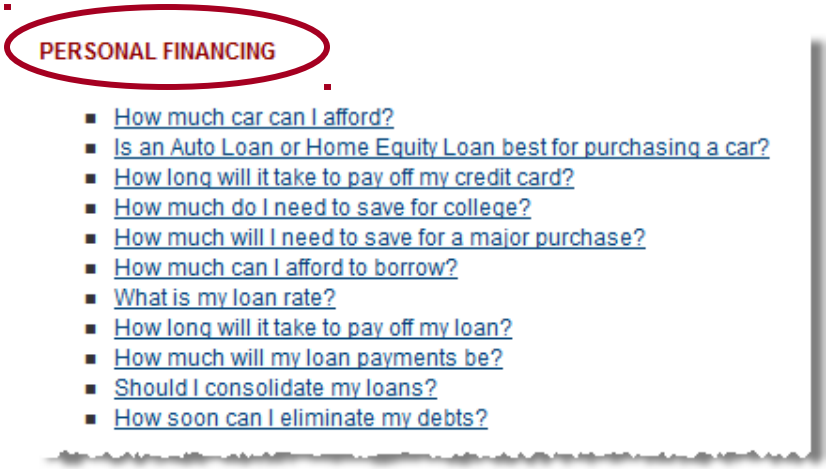
iCanAchieve A program targeted for teens that offers phone and online coaching for setting and achieving healthy goals

Serving Active Duty, Guard, Reserve and Their Families

Financial

Topics

- Filing delayed taxes
- Managing credit
- Making investment decisions


PERSONAL FINANCING
How much car can I afford?
Is an Auto Loan or Home Equity Loan best for purchasing a car?
How long will it take to pay off my credit card?
How much do I need to save for college?
How much will I need to save for a major purchase?
How much can I afford to borrow?
What is my loan rate?
How long will it take to pay off my loan?
How much will my loan payments be?
Should I consolidate my loans?
How soon can I eliminate my debts?

Resources

- Financial counseling
- Financial calculators
  - —Car and home buying
  - —Debt and credit management
- Tax filing and assistance
- Materials
  - —*Avoiding Payday Loans* video
  - —*Taking Charge of Your Money* CD
  - —*Coping with Uncertain Financial Times*
  - —*Budgeting for Your New Baby*

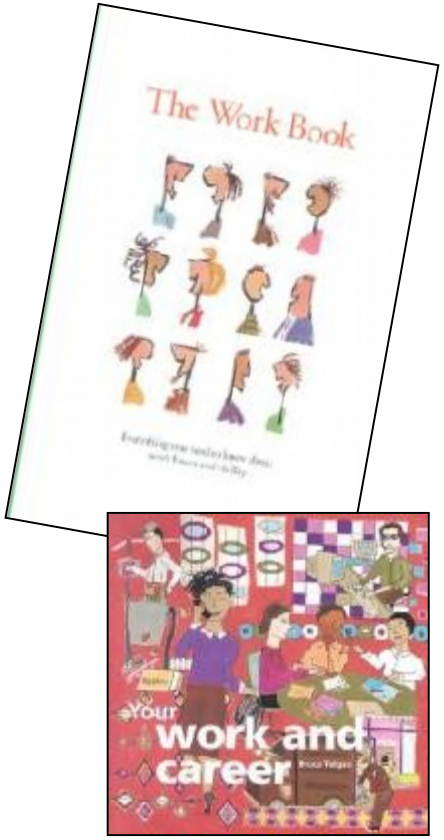
Career

Topics

- Renegotiating work responsibilities
- Managing work-life balance
- Navigating career transitions

Resources

- Specialty consultations
- Web links to job searches
- Materials
  - *10 Ways to Overcome Overload* booklet
  - *Writing a Civilian Resume*
  - *Military Spouse Employment: Work that Travels Well*
  - *Twelve Ways to Be a Better Manager* booklet



Education

Topics

- Deciding to become a student again
- Finding ways to pay for college
- Transitioning to college life

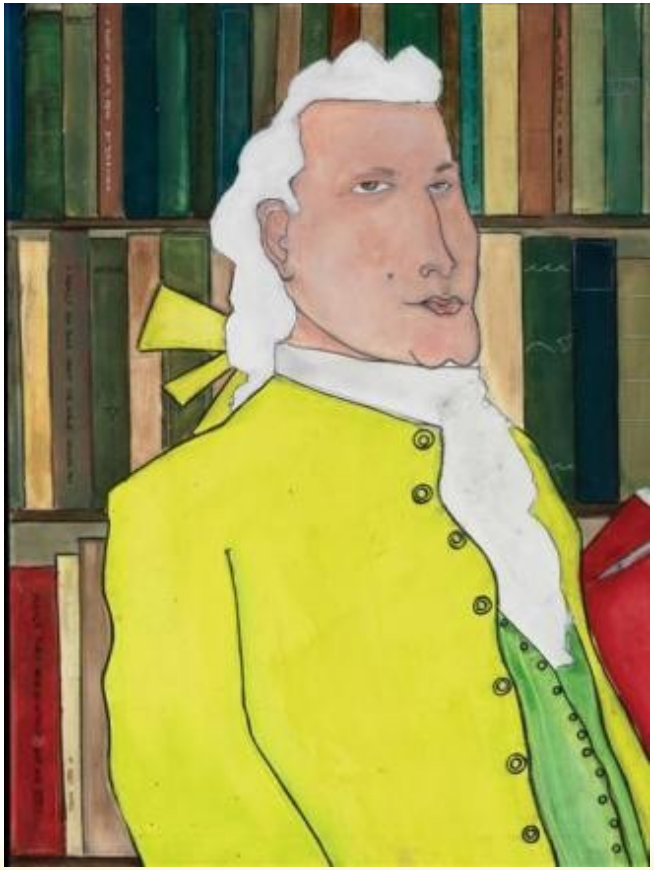
Resources

- Education consultations
- College locators
- Applying to college toolkit
- Materials
  - *Learning Never Stops: Continuing Education* booklet
  - *Going Back to School When You're a Military Spouse*

Tools for College Success
CLEP prep - Earn college credit (includes 29 tests).
DANTES Tests (DSST prep) - Translate your knowledge into college credit! 10 New Tests
College Search - Find campus-based and distance learning schools.
Resume for college application
Pay for school
SAT Subject Tests prep
Online Academic Skills Course (OASC)
PSAT prep
SAT prep
ACT prep

Online Library Resources

Audio books, e-books, exam prep, resume builder and more!



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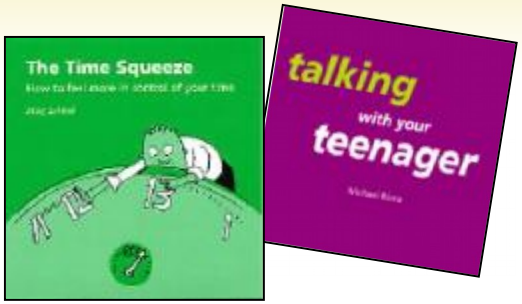
HERITAGE QUEST

GALE Military & Intelligence Collection

Serving Active Duty, Guard, Reserve and Their Families

Educational Materials



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